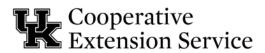
# NEWSLETTER



ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

# **INSIDE THIS ISSUE**

Robertson County Cooperative Extension 39 E Walnut Street P.O. Box 283 Mt. Olivet, KY 41064

# IMPORTANT DATES

Office Closed

Mt. Olivet 4-th of July

Tasty Tuesday

Cooking Through the Calendar

4-H Photo Day Camp

Homemaker Meeting

Cloverbud Art Camp

Cloverbud Nature Camp

Farmer's Market-Maysville

Farmers Market-Robertson Co.

July 4

July 5 & 6

July 9

July 11

July 15

July 15

July 17

July 18

July 23 & 30

Fri. & Sat.



## THIS MONTH'S TOPIC 5 TIPS TO MANAGE ARTHRITIS



ore than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

1. See a doctor. If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

Continued on the next pag

## Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

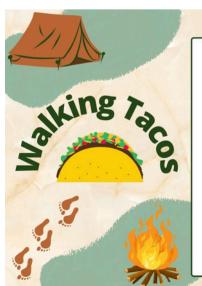






# FCS MEETS 4-H CAMP

Robertson County Extension FCS (Family & Consumer Sciences) Agent, Britney Poe was given the opportunity to teach a class during Robertson County's 4-H Camp week. 45 participants signed up to make their own special version of Walking Tacos. Campers browned their own beef and made their taco seasoning mixture. Students were able to dress their tacos with guacamole, pico de gallo, sour cream, cheese, lettuce and lots of different sauces. Walking tacos are a fun, non messy way to enjoy a fun treat!



### Ingredients

- Ground Beef
- Onions
- Taco Seasoning
- Small bag of your favorite corn chip
- Taco toppings of your choice
  - lettuce
  - tomatoes
  - o guacamole

  - o cheese hot sauce

#### Steps

- · Brown the ground beef
- · Add chopped onions (optional)
- · Cook onions and ground beef until no pink is showing
- · Add taco seasoning
- · Cut open the bag of corn chips length-wise.
- · Scoop a spoonful of meat into the chip bag and any other toppings you want
- · Grab a fork and dig in!











BLUE LICKS

# Farmer's Market



**Blue Licks Museum** 

May 11-September 28 Fridays 3pm-7pm Saturdays 9am-1pm



Mt. Olivet Shelter

July 12- October 25 Fridays 9am-1pm



Mt. Olivet City Park

July 13-October 26 Saturdays 9am-1pm



Mason Co. Health Dept.

July 23- September 17 **Every Tuesday** 10am-2pm







Cooperative Extension Service

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





# COOKING **THROUGH** THE **CALENDAR JULY 11** 11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.





# Cooperative Extension Service CRAFTS & CRUMBS July 29

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796
Limited to 12 Spots

# Homemakers \$5.00 Community Members \$10.00

Includes all material and instructions.

Registration must be paid by July 19.





## Cooperative Extension Service

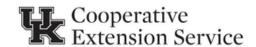
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## **ADULT**

# **HEALTH BULLETIN**



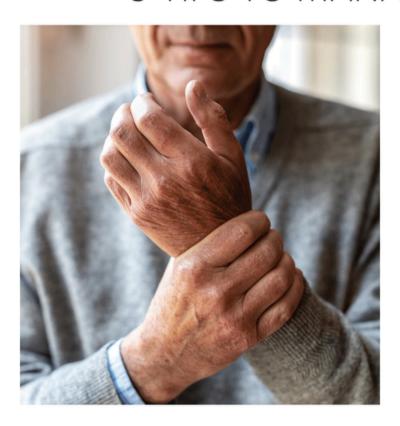
**JULY 2024** 

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/ content/health-bulletins

Robertson County Extension Office 39 East Walnut Street Mt. Olivet, KY 41064 (606) 724-5796

#### THIS MONTH'S TOPIC

# 5 TIPS TO MANAGE ARTHRITIS



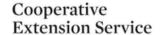
ore than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

**1. See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

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Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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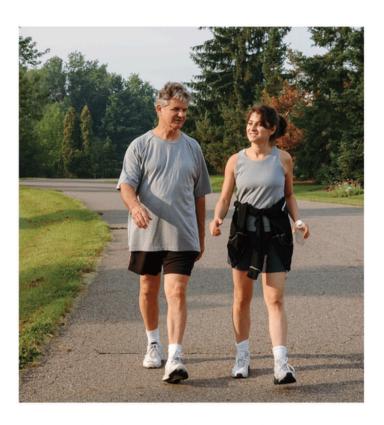
# Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

## Continued from the previous page

2. Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

- 3. Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.
- 4. Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.
- Take an arthritis management class. Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person selfmanagement education workshops at https://www.cdc.gov/arthritis/interventions.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

#### REFERENCE:

https://www.cdc.gov/arthritis/about/key-messages.htm

ADULT
HEALTH BULLETIN

Written by: Katherine Jury, MS Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images: Adobe Stock



# Very Berry Salsa

4 cups apples, finely diced1 cup blueberries1 cup strawberries, diced

1 cup raspberries, halved1 cup blackberries, halved 1 tablespoon fruit preserves ½ tablespoon sugar ½ tablespoon brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes. **Yield:** 32, 2 ounce servings **Nutritional Analysis:** 20 calories,
0 g fat, 0 mg cholesterol, 0 mg sodium,
5 g carbohydrate, 1 g fiber, 4 g sugar,
0 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.